



Norbert Schemansky has just become the outstanding lifter of the world by winning the "Sportsman of the World" title as detailed in the text of Readers Roundup.

Escondido Athletic Club of Escondido, Calif., a town of 10,000 people demonstrates that health studio can flourish in a small town as well as in a large city. It is operated by Norman Wright who tells us about a new biceps exercise at right.



self, only living today, and that's why he can handle the modern weightlifters. You just don't build real hand and forearm power doing the three lifts or bodybuilding. Mac lifts barrels, bends, twists things and does all the old time feats which are not popular today. Even among the real old timers I don't think more than a handful could turn Batchelor down, but it seems that a few could have, namely: Apollon, Cyr, Marx, Barre, Goerner. If Hepburn would train for arm-wrestling he would have a good chance to beat Batchelor. I don't see how these men could have missed, and you might add more men to the list, such as Saxon, etc. I read how Marx used to clean a pair of 120's which had handles over 9" in circumference and which were wrapped with tin foil to make them even larger. It is said that only about two men ever lifted one even a fraction of an inch off the ground. Leon See was one who did. Of course you know how few strong men can lift Cyr's dumbbell loaded at 202 off the ground, and I read where loaded to 244 everyone at a Mr. Canada contest failed completely, and how Cyr used to carry it like a satchel and without any sign of strain. I admire Mac Batchelor more than almost all the weight lifters except Hepburn and Anderson. My favorites are in order: Hepburn, Anderson, Batchelor. Batchelor wrote that much of his toughest competition comes from men who are not weight lifters, but who work hard using their hands.

Enclosed find \$5. for an order of Super Protein. When you get results from a product you always come back for more. Sincerely, JW

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Norman Wright of Escondido Athletic Club writes, "I have made a discovery of a new method of performing the curl that gives amazing results. I'd like you to try it out and if you think it has merit you may publish it for other readers. A fair trial of this method will prove its value for it will work the biceps as they have never been worked before. In doing the curl you should use a shoulder width grip on the bar as in regular curl. Now as you curl you should keep the bar in contact with the body all the way up, then as you lower the weight you again keep the bar rubbing the body all the way down. As you lower the weight you open the hands out and as you curl it up you close them up. A three set non-stop system should be used and drop the weight of bar about 20 pounds for each set. We also try to do this exercise two or three times during a workout session of specialized work. (Editor's Note: We have tried this curl system and find it very effective and would like to hear from others who work on it.)